

TODAY

Greg Bradband President and CEO of the United Way of the Inland Empire will present a program on building nonprofit capacity in the I.E. (otherwise known as the 909)

LAST WEEK

Janet Howard-Ducsay, Redlands Community Hospital Inpatient Diabetic Educator, brought the club members up to date on the latest in diagnosis, treatment and lifestyle education for those with diabetes. She has developed the best practice insulin therapy guidelines for RCH, and has worked there since 2000.

As Janet explained, diabetes is a chronic condition where the body cannot maintain proper glucose levels. Formerly, type 1 was associated with onset at childhood, and type 2 with adult onset. Now there are types 1, 1.5 and 2, however, without the age onset designation as it appears that anyone at any age may be stricken with any of the categories. Also, now there are 10 types of insulin, whereas, a few years ago there were only 2 types.

Formerly testing for the condition was with a fasting glucose level. Now the much more accurate HgbA1c provides average blood glucose with an over-the-counter test.

Many irreversible effects are associated with improperly managed diabetes, affecting the heart, Kidneys, eyes and nervous systems, and increases stroke risk.

26 million Americans have diabetes and half don't know it as the disease may not show symptoms. Diabetes prevention includes maintaining appropriate weight levels (and lose weight steadily and slowly if overweight) exercise 5 or more times a week for 30 minutes or more, and plan your food intake to not overindulge in sugars-a 7-11 Big Gulp has 44 teaspoons of sugar. So avoid excess stress, convenience foods and a sedentary lifestyle.

NEXT WEEK

A total Mystery

WEEK AFTER NEXT

Ben Cook of Hangar 24 Brewery. No, **DON MCCUE**, this is not an opportunity to refill a empty growler.

ANNOUNCEMENTS

Family Service Association Christmas in July extended another week, so get your gifts and/or donations in this week.

Rotary Educational Exchange to Turkey May 2011.

Like GSE, no Rotarians, but there is a slot for a Rotarian Group Leader. Apps due Oct 1.

Friday Night Oct 8 is the dedication of **ROBERT HODGES** Stadium at CVHS.

Dist 5330 Clean Water projects are being coordinated through Raj Gandhi, 5330 Clean Water Chair. Contact him at rajmg@msn.com or (951)686-2129 ext 206. Opportunities for cooperating with other clubs in probably the single greatest public health issue.

MEMBER MISCILLANY

Hope many of you were in attendance at the Bowl last Friday. Ms. **CAROLE BESWICK** was quite elegant in her jewels and crimson taffeta strapless gown narrating a politically correct version of Peter and the Wolf. Why, if they're going to let the wolf live, does the cast of musical characters still have the hunters? Why not dog catchers? Maybe the wolf is merely a victim of a cruel society?

Speaking of dogs and cruel society, how about those School Board Members sending defenseless children back to school in the dog days of summer? Maybe Board Pres. **NEAL WANER** isn't as nice as he appears?

PRESIDENTS CORNER

Summer is moving by quickly; hope you are all enjoying the Redlands Bowl as much as I am. Many of you have been taking some great trips over the summer so anyone wanting me to recognize your Rotary friends in the meeting please let me know of their traveling plans.

Remember we are running out of time to bring in our toys for Redlands Family Service, this week we will take an offering for those of you who wish to contribute but are not into shopping.

Have a great week,

Pam

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